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ELEVENTH ANNUAL REPORT

OF

THE TRUSTEES

OF THE

STATE LUNATIC HOSPITAL

AT NORTHAMPTON.

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OCTOBER, 1866.

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BOSTON:

WRIGHT & POTTER, STATE PRINTERS,

No. 4 SPRING LANE.

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## ELEVENTH ANNUAL REPORT

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## TRUSTEES OF THE NORTHAMPTON LUNATIC HOSPITAL.

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*To His Excellency the Governor of the Commonwealth, and  
the Honorable Council.*

The Trustees of the Northampton Lunatic Hospital hereby submit for your consideration their Eleventh Annual Report.

At the beginning of the official year, the number of patients in the hospital was 352; from that time forward there was a gradual increase until, on the 24th of August, 1866, the number was 408; and the year has closed with 405.

The number received was 136, of whom 38 were transferred from the hospitals at Worcester and Taunton, and 4 from the State almshouse at Monson.

The number who have left the hospital is 52; of whom 24 were cured, 20 improved, and 8 unimproved.

The number cured is in a favorable ratio to the number of recent cases received. The hospital still labors under disadvantages as a curative institution, from the disproportion of its size to the extent of territory and population, within the State, from which it draws its patients. But time will gradually overcome these difficulties; and we cherish the belief that, as the salubrity of its locality, the beauty of its site, and the other advantages which it presents, are more extensively known, it will become a more general resort for mental invalids in the earlier stages of their disorder.



The deaths have been 31,—a small number considering the average population of the hospital; and there has been but very little acute disease in any part of the year.

By the accompanying report of the Superintendent, to which we refer you for further statistics, it will be seen that a liberal scheme of labor, recreation, entertainment and amusement has been prosecuted through the year. This plan of treatment receives our cordial approbation, and we can testify to its efficiency in the promotion of the desired ends,—occupation for both body and mind, subjugation of irrational speech and action, and quietude, order, discipline and contentment in a large and heterogeneous family.

At the regular meetings of our Board we have inspected the halls of the patients, as well as other parts of the premises, and in this way, together with observation at many incidental visits, have gained and preserved a knowledge of the general condition of the hospital and the treatment of its inmates. Both these have been at all times satisfactory. Some of our members carry keys to the two wings, and consequently have ready access to them, unaccompanied.

The farm continues to improve and to demonstrate, more and more, its utility as an appendage of the hospital, both as a producer of food and an excellent means for the proper exercise and recreation of the patients.

The receipts of the hospital in payment for the board of patients, have been sufficient to defray the necessary current expenses, and enable us to introduce many improvements to various parts of the extensive building.

The income from boarders, or private patients, has been constantly increasing, from the first year of the operations of the hospital to the present time. The amount received from this source during the first two official years cannot be precisely ascertained; but since that time it has been as follows:—

Official year 1860–61,	.	.	.	\$12,088 34
“ “ 1861–62,	.	.	.	14,228 19
“ “ 1862–63,	.	.	.	14,972 35
“ “ 1863–64,	.	.	.	17,397 78
“ “ 1864–65,	.	.	.	17,556 62
“ “ 1865–66,	.	.	.	19,475 09

Thus it appears that these receipts, for the past year, exceeded those of any former year by \$1,918.47; and were larger than the similar receipts, three years ago, by \$4,052.74. The larger this income, the more the burden of the support of the institution is lifted from the treasury of the Commonwealth.

The restrictive system for the purchase and distribution of supplies, early introduced, with our approval, by the Superintendent, is still in operation. Its effects in the reduction of labor and in the saving of material exceed our expectation, and have a marked and favorable influence upon the finances of the institution, as well as upon its easy and orderly working.

In accordance with the Act of the last legislature appropriating the sum of \$2,000 for repairs, two cylindrical iron water tanks, with a capacity of 1,958 imperial gallons each, have been placed as substitutes for the old wooden ones, in the attic of the north wing, and are working well. Two similar ones for the south wing have been ordered, and it is expected that they will be finished and in operation before the end of October. The cost of the four, and of the necessary alterations in some of the old tanks, to bring them to the level of the new ones, will, so far as we can now estimate, be nearly or quite equal to the appropriation.

The hospital was heated, the past winter, if not perfectly, yet so well that there was no great discomfort. But in the coldest weather, in order to do this, it was necessary to drive the fires of all the boilers as far as safety would permit. In view of this, and of the liability of the boilers to accidents by which one or more of them might be rendered temporarily useless, we have considered it the part of prudence to provide for such an emergency.

A fourth boiler, similar to the other three, has been procured. This will add one-third to the heat-producing power of last winter; and we anticipate with confidence a well-warmed hospital during the approaching winter.

The necessary disbursement for this improvement will be made from the current funds of the hospital, without aid from the treasury of the State.

A general statement of receipts and disbursements, showing the present condition of the finances of the institution, is presented in the Treasurer's report hereto appended.



The accounts of the year have been audited and approved.			
It appears by them that the assets available for current ex-			
penses, at the close of the official year, amount to			
			\$12,502 59
Liabilities at the same date,	.	.	16,671 09
<hr/>			
Leaving a balance of liabilities of	.	.	\$4,168 50

It will be noticed that, to meet payments for fuel, supplies, &c., the Treasurer was obliged to borrow, and now owes at bank the sum of five thousand dollars.

For the easy management and best interests of the institution, a sum should be available for what may properly be termed *working capital*. The sum at command should be so large as to prevent the necessity of borrowing.

We cannot close the record of another year without giving renewed expression to our appreciation of the wise, thorough, and conscientious manner in which the Superintendent has discharged his varied and arduous duties. Both the Commonwealth and the inmates of this institution are to be congratulated upon the possession of services so valuable. It is also a pleasure to be able to say, that between him and the members of this Board, entire harmony and co-operation have at all times obtained. It is believed that, measured by all the ordinary standards of success, the hospital, during the past year, has been eminently successful. The broad beneficence of the Commonwealth has been prudently disbursed, and the interests of the body politic have not been overlooked.

We confidently ask for this institution the favorable consideration and the continued care and protection of the government.

Respectfully submitted.

EDMUND H. SAWYER,  
S. M. SMITH,  
E. HITCHCOCK,  
ELIPHALET TRASK,  
HENRY L. SABIN,

*Trustees.*

NORTHAMPTON, Oct. 3d, 1866.



## TREASURER'S REPORT.

*To the Trustees of the Northampton Lunatic Hospital.*

The Treasurer respectfully submits the following statement of the Receipts and Expenditures for the year ending September 30th, 1866 :

## RECEIPTS.

Balance in hands of Treasurer Sept. 30, 1865,	.	.	.	\$658	77
Received for board of private patients,	.	.	.	21,403	77
for board of town paupers,	.	.	.	6,307	97
for board of State paupers,	.	.	.	42,206	35
on sundry accounts,	.	.	.	715	41
for animals and produce of farm sold,	.	.	.	1,691	65
Borrowed of banks,	.	.	.	5,000	00
					<hr/>
					\$77,983 92

## PAYMENTS.

For provisions and supplies,	.	.	.	.	\$26,987	15
fuel,	.	.	.	.	9,283	26
gas and oil,	.	.	.	.	1,134	31
wages and salaries,	.	.	.	.	13,099	04
furniture,	.	.	.	.	2,084	19
clothing and dry goods,	.	.	.	.	3,545	65
contingencies,	.	.	.	.	1,285	89
farm,	.	.	.	.	5,909	02
farm stock,	.	.	.	.	1,502	82
farm wages,	.	.	.	.	1,396	55
repairs,	.	.	.	.	3,677	14
miscellaneous expenses,	.	.	.	.	706	31

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To banks, borrowed money,	.	.	.	.	\$6,000 00
Balance in hands of the Treasurer,	.	.	.	.	1,372 59
					<hr/>
					\$77,983 92

S. M. SMITH, *Treasurer*.

The Committee appointed to audit the accounts of the Treasurer have attended to the duties assigned to them, and report that they have examined the books and accounts of the Treasurer, and find proper vouchers for all entries made.

E. H. SAWYER,  
ELIPHALET TRASK.

NORTHAMPTON, Oct. 3, 1866.

## SUPERINTENDENT'S REPORT.

*To the Board of Trustees of the Northampton Lunatic Hospital.*

GENTLEMEN,—Another fiscal year of the institution under your general care having come to its close, the Report including a partial history of the proceedings of that year, is hereby presented.

The duty of addressing myself to this subject is not unmingled with pleasure, nor wholly, as may be hoped, devoid of thankfulness and gratitude. A general retrospective glance over the expired period brings to view but few of those accidents or painful incidents to which hospitals of this kind are particularly subject,—occurrences which shock or agitate at the time, and are remembered only because the violence of their impression is such that they cannot be forgotten. On the contrary, that glance reveals—and I now refer to all persons residing in the hospital—a large and constantly increasing family, attentive to duties where duties are imposed; industrious, so far as the ability to work exists; almost universally obedient to wholesome rules and regulations, and moving forward, from day to day, throughout the year, with a quiet, systematic order which leaves little room for improvement, and with as great a degree of harmony as can reasonably be expected, where more than four hundred human hearts, with all their passions and emotions, are beating beneath one common roof.

The income of the hospital from its current earnings has been sufficient, not for its support alone, but for the payment of a considerable sum for permanent improvements.

The number of patients has been greater than at any former time; the restorations to health bear a satisfactory proportion to those considered curable on admission; deaths, relatively to the number of inmates, have been few; and the general health of the household has been remarkably good.



## MEDICAL HISTORY.

The subjoined table presents a summary of the general statistics for the year :

	Men.	Women.	Total.
Patients in hospital Oct. 1, 1865, .	158	194	352
Admitted from the general population, .	56	38	94
Transferred from other State hospitals, .	16	22	38
“ “ S. almshouse, Monson, .	3	1	4
Whole number in course of the year, .	233	255	488
Discharged, including deaths, . . .	51	32	83
Remaining Sept. 30, 1866, . . .	182	223	405

## CONDITION OF THE PATIENTS DISCHARGED.

	Men.	Women.	Total.
Recovered, . . . . .	15	9	24
Improved, . . . . .	13	7	20
Unimproved, . . . . .	5	3	8
Died, . . . . .	18	13	31
Total, . . . . .	51	32	83

Daily average number of patients,	166.97	209.37	376.35
Largest number on any day, .	180	228	408
Smallest “ “ “ .	157	194	351

Of those who recovered, eleven were private boarders ; three town patients ; and ten State patients.

Of the State patients who recovered, only one was among those who had been transferred from other State institutions.

Of the deaths, thirteen were of private boarders ; eight of town patients ; and ten of State patients.

Of the State patients who died, seven had been transferred from other State institutions.

Of the private boarders who died, the ages of four were 80, 81, 85, and 81 years, respectively. One of them was 80, another 81, and a third 84 years of age, at the time of admission to the hospital.

Three deaths were from that fearful and very fatal form of mental disorder and cerebral disease, typhomania. In these

cases, death occurred in *two*, *seven* and *ten* days, respectively, after the admission of the patients.

One patient, 78 years of age when admitted, and broken down with disease and debility, died on the *eighth* day of his residence in the hospital. Another, who died of pneumonia, contracted before he came, lived but *eleven* days.

Notwithstanding this unusual mortality from old age and the severer forms of disease, the proportion of deaths, as compared with the daily average number of patients resident in the hospital,—which is the only accurate basis of statistics upon the subject,—has never but twice, in the history of the institution, been so small.

The capacity of the hospital being unduly great for the population of the western part of the State, private patients are received from other States. No case is rejected on account of incurability or physical disability. As a necessary consequence, a very large proportion of those who are admitted from the general population are incurable; while those who are transferred from other State institutions are almost wholly so. But the ground is taken that, inasmuch as the hospital was designed to be a public benefit, it becomes our *duty*, so long as there are accommodations, to take those who are the most troublesome at home, as well as others, how troublesome soever they may be here, or how unfavorable soever may be the prospect of restoration.

Although, as above mentioned, patients are not rejected because of bodily infirmity or mental incurability, it is proper to add that, in several instances of application for persons habitually intemperate, the applicants have not come to the hospital, from dislike of the requisition that they should be subject to the same rules and regulations as other patients. Such persons cannot be received on any other conditions; and although there have been *three* in the course of the year, there is now no one in the house.

Two years ago, we began to keep a record book, showing the daily admissions and discharges, and the number of patients in the house. In the course of the past year, a similar book for all the former years since the opening of the hospital, has been compiled from the ordinary records. The subjoined statistical history is derived from these books.



The first patient—a woman—admitted to the hospital, was received on the first day of July, 1858, and there was no other admission in the course of that month. On the 3d of August, came the second patient; and the number increased before the end of that month to sixty-one, making the daily average for the month 31.64. At the close of September, the number was 220 ; and the daily average for the month was 141.23.

At this period, October 1st, 1858, began the official year, and the annual daily average number of patients, calculated to fractional hundredths, from that time to the present, is as follows :

*Daily Average Number of Patients.*

OFFICIAL YEAR.	Men.	Women.	Total.
1858-59, . . . . .	95.73	133.81	229.55
1859-60, . . . . .	113.78	142.17	255.96
1860-61, . . . . .	136.74	177.52	314.26
1861-62, . . . . .	137.80	175.99	313.80
1862-63, . . . . .	155.42	199.86	355.28
1863-64, . . . . .	157.10	200.53	357.63
1864-65, . . . . .	153.81	188.59	342.40
1865-66, . . . . .	166.97	209.37	376.35

The daily average of the last year is 18.72 larger than that of any former year.

All previous calculations of this kind, for this hospital, have been based on the numbers in the house on the last day of every month, and hence the result, in each instance, was a *monthly* rather than a *daily* average. In preparing this table, the sum of the numbers on all the days in the year was divided by the number of days in the year, thus giving perfect accuracy.

For further statistical information relative to the patients, you are referred to the tables in the Appendix.

MEDICAL TREATMENT.

The medical treatment is still based upon the same general principles which were briefly portrayed in the report for 1865 ; and there is little of novelty to be mentioned in this connection.



The new “cure” for epilepsy—bromide of potassium—has been freely used in a considerable number of cases, without other favorable result, hitherto, than a mitigation of the severity of the disease in a few of them. The cases here are all chronic. It may be more efficient in the earlier stages of the disease.

#### MORAL TREATMENT.

*Manual Labor.*—For reasons partially alleged in the last annual report, work with the hands is considered here, as it is elsewhere, the most powerful of those hygienic and curative agents and influences which are classed under the general head, “Moral Treatment.” In cases of acute mania or melancholia, when the physical health is sufficiently restored, and intellectual improvement begins, nothing other than the wholesome exercise of manual labor will so certainly hasten that improvement, confirm convalescence, and re-establish perfect health. It is believed that in no former year has this agent been more extensively applied than in that which has just closed.

Comparatively few, however, of the boarders have been accustomed to active labor at home, and it is not to be expected that they will begin it here. For such, there are other methods of exercise. Yet there are some, even of this class, who prefer work to idleness, and engage in it much to their advantage.

But the principal part of the laborers are the incurable State patients; and among these are some who are as much interested in the farm and its belongings, and who work as faithfully as if the establishment were their own. There are, indeed, several patients who *claim* the ownership of it, but they are not all of them among the workers.

It is estimated that not less than three-fourths of all the work done on the premises is done by patients. This is not a “glittering generality,” assumed by an individual interested in giving the “color of rose” to all the appertainings of the hospital, but the result of careful personal observation, as well as consultation with officers, employés, and intelligent patients, some of whom have placed the proportion at a higher point.

In the sewing room, where a daily account has been kept throughout the year, the number of days’ work was 4,752.

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In other departments, where patients are constantly employed through the day, so that a result nearly approximating accuracy can be reached, a record of the work, in numbers of days, has been kept from the beginning of the current *calendar* year. Those results are embodied in the following table :—

	January.	February.	March.	April.	May.	June.	July.	August.	September.	Total.
Roads—Men, . . .	-	-	-	84	139	105	90	88	-	506
Farm—Men, . . .	312	231	244	305	356	392	444	394	339	3,017
Mattress Room—Men, .	177	147	116	-	-	-	-	-	-	440
Bakery, Boilers—Men, .	116	104	116	110	114	108	114	114	106	1,002
Kitchen—Men, . . .	93	84	93	90	93	90	93	93	90	819
Women, . . .	234	224	253	247	289	270	279	270	253	2,319
Laundry—Men, . . .	27	24	27	26	26	26	26	27	26	235
Women, . . .	259	277	321	266	328	306	298	358	318	2,731

The aggregate of these totals is: for men, 6,019; women, 5,050; both sexes, 11,069.

Aside from the above, it is estimated that, within the official year, about 500 days' work of patients has been done in the groves, cutting under-brush, grubbing, and excavating stone.

All the foregoing is out of the departments occupied by patients. Within those departments, the labor is simply "house-work," not including cooking, and is chiefly to be done during the first three or four morning hours, and at the times of meals. It is so inconstant, and is participated in by so many, that an accurate record of time would be impossible. But the Supervisors agree with me in the estimate that the work done by patients is as much as would be performed by twelve hired persons in each wing. This, for the year, would be, for each department, 4,380 days; for both departments, 8,760 days.

The sum of these records and estimates is 25,081 days. Allowing 2,919 days to complete the year for the departments in the nine months' table, we have (28,000) twenty-eight thousand days as the aggregate annual number.



This is not a high estimate ; but it must be remembered that a large part of the work is far less efficient than that of healthy men and women.

The patients who worked in the mattress room “picked” hair and hatchelled husks. The filling and tying of mattresses was done by attendants. The following schedule shows the quantity of work thus done on the bedding:—

New mattress ticks filled with hair,	. . . .	10
Hair mattresses re-picked,	. . . .	10
Hair mattresses made narrower, and re-tied,	. . . .	39
New mattress ticks filled with new husks,	. . . .	3
New mattress ticks filled with old husks,	. . . .	9
Husk mattresses cut narrower and re-tied,	. . . .	16
Old mattress ticks filled with new husks,	. . . .	98
Hair pillows re-picked,	. . . .	121
Hair pillows made,	. . . .	15

The bedding, particularly of the men’s department, was much improved by these changes.

*Services and Entertainments in Chapel.*—The by-laws of the hospital require that “the Superintendent shall procure the attendance of some clergyman each Lord’s day, who shall perform one divine service, at such time as he may direct.” This provision is eminently proper, and if a discriminative judgment be exercised in the selection of patients to attend the service, the exercise is unquestionably beneficial. In many patients the religious sentiment does not appear to be either exalted, perverted, or depressed, but still retains its natural condition. To these the Sabbath services are as applicable and as acceptable as ever. To those in whom that sentiment has become abnormally obtuse, they can do no harm, and *may* be beneficial by rousing it to a more healthful action. The few in whom disease has rendered that sentiment highly susceptible to excitement, whether it be those who believe themselves Deity, or more nearly connected with Deity than other persons, or those who, subjects of melancholia, impute to themselves all the evils, the disasters, and the sins of the family, the neighborhood, the town, or the world, should not be permitted to attend them.



Many among the most wayward and least subject to self-control at ordinary times, are still so far under the influence of their devotional feelings, or so far affected by their former habits of attending religious gatherings, or perhaps both, that they sit quietly through these services. It is a fact no less remarkable than true, that the man who, of all who have been in the hospital the past year, has been the most constantly excited, boisterous, and destructive in the halls, has been one of the most constant attenders at chapel, where he not only behaves with propriety, but often assumes the charge of another somewhat perverse man, and makes him behave as well.

The fact is of profound significance in regard to the general subject of insanity, and the extent of empire which the disease attains over the will of its subjects. This man, though ordinarily turbulent, is silent through the religious exercise of the Sabbath. He controls himself in spite of his disease. He exerts this self-dominating power because *he has a motive* for its exertion. Why then does he not at all times abstain from noise and violence? The answer appears to be simply this: *Because he has no sufficient motive.* From this conclusion is derived the following proposition, the truth of which is, it is believed, confirmed by all accurate observation. So long as the insane preserve self-consciousness; so long as they appreciate the "I" of their own being, they can, in ninety-nine cases of a hundred, control their actions under the influence of a generally available motive. In more common, but expressive terms, "they can govern themselves if they have a mind to." It is the object of hospitals like this, and should be the constant study of all persons directly connected with such hospitals, to furnish the motive for that self-government.

It has been shown that in the Sabbath services we have one of these motives, potent in its nature, and theoretically broad in its application. It becomes then our duty to give to practice an extent corresponding with theory.

This has been a constant endeavor, during the last two years. The first definite record upon the subject made by the Superintendent was on the 18th of September, 1864,—two and a half months after his appointment. On that day there were 162 persons, patients and others, present at the Sabbath service; and it is recorded that this was a larger number than at

any former time since the aforesaid appointment. The audience was gradually increased until the 18th of December of the same year, when, for the first time, it equalled two hundred. On the next following Sabbath, Christmas day, the number was 213. In the first nine months of 1865, the number varied considerably, but with a general increase, and the highest point gained was 245. By the record of every Sabbath since that time, which will be introduced a little further on, it will be seen that, during the last two months, there has been a congregation which has varied but little from 300, and on one occasion rose to 310.

But if an assemblage for divine worship be useful, why not, likewise, assemblages for the other and more secular purposes for which mankind are accustomed to congregate? How disordered soever may be the general intellectual powers, in mental derangement, the “musical ear” retains its integrity, and the musical faculty its ability to act. Why, then, may not a concert impart enjoyment and render a motive for self-control? The taste for literature is often preserved. How then is it possible that a well-written essay, or a beautiful poem, should not be appreciated and thus become a governing power? An interest in scientific truths may still exist; and the love of the marvellous, always sufficiently strong, is perhaps more frequently strengthened than diminished by mental disorder. What is more marvellous than some of the operations of nature, as revealed in chemistry and natural philosophy? Is it not, then, probable, that a scientific lecture may be converted into a salutary agent, by inducing the healthy volition of the patient, and causing him to *act* as well as to *think* like a rational being?

“How serious and sad they look!” remarks a visitor, just emerged from one of the halls. Yes, my friend, very likely; people generally look serious when in the presence of unintroducted strangers; but it is not improbable that the patient who to you appeared the most serious of all, is at this moment cracking a plump and oily nut of a joke at your expense. Wit, humor, “fun,” find their appreciators within these walls as well as without; and if their forces be properly applied and directed, they become promoters of self-control, of enjoyment, and of mental as well as physical health.



These truths are all suggestive. They point with significance to the utility, in establishments like this, of gatherings for other purposes than devotional exercises. Indeed, is not the proposition both plausible and reasonable, that such an institution should be made a microcosm in itself—a little world within which men and women shall find as many as possible of those sources of rational enjoyment to which they were formerly accustomed, the participation in them to be guided and governed by a prudent directive power, in order that excesses may be avoided and improprieties shunned? If men are enabled to *act* like rational beings, is not the probability that they will *think* like rational beings greatly enhanced? All correct observation answers in the affirmative.

Influenced by reflections like these, and acting with the approbation of your Board, I have endeavored, in the course of the year, to give diversity of character to the exercises of the evenings of secular days.

Since the 4th of November last a record has been kept in relation to all these exercises; and the ability to exhibit the following detailed exposition is thence derived.

On the 17th of September, 1866, the painters began to fresco the chapel, and the record was suspended until the end of the month, which ended the official year. The number of days from the 4th of November, 1865, to the 16th of September, 1866, both inclusive, was 317.

The history of this period, so far as pertains to the subject before us, is as follows:

Religious worship on the Sabbath, . . . . .	46 days.
Lectures on the evenings of secular days, . . . . .	38 times.
Reading or recitation of poetry, and singing, . . . . .	28 “
Reading the Bible, and singing, . . . . .	147 “
Miscellaneous exercises, . . . . .	4 “
Christmas: reading an account of it, . . . . .	1 time.
“ Hops,” in the rotunda, . . . . .	31 times.
Fireworks, Fourth of July, . . . . .	1 time.
Not recorded, . . . . .	1 “
No exercise similar to the foregoing, . . . . .	20 times.
Total, . . . . .	317 days.



Hence it appears that of the 271 week-day evenings included within the period, there were but *twenty* upon which there was no exercise intended for the instruction, entertainment or amusement of the patients. These exceptional evenings were most of them at the close of days of unusually onerous duty on the part of the officers and employés—such as the monthly meeting days of your Board, and the days of inspection by legislative committees, and by the governor of the Commonwealth.

There is, then, an essentially *constant* means of occupying the attention of the patients during at least a part of the evening. The point thus gained is of vastly greater importance than would, perhaps, be suspected by persons unacquainted with hospitals and unexperienced in hospital life.

In the earlier periods of the history of these institutions, and anterior to the introduction to them of the more modern facilities for “moral treatment,” the evenings were the dullest, most monotonous, gloomiest and saddest part of the day. Halls filled with patients dragging listlessly through the lagging hours ; some of them sauntering lazily to and fro ; some squatting stupidly behind doors and in dark corners ; some lounging or dozing upon settees or benches ; and some stretched at full length, thoughtless, torpid, perhaps asleep, on the floor ;—such was the evening aspect of the olden time, and such will always be the aspect unless efficient means be taken to prevent it. It is almost wholly prevented by our present arrangements. The hour for collection in the chapel arrives so soon after supper that there is not sufficient time for its occurrence, and yet so late that most of the patients retire immediately after their return. At this institution the position is taken that if the chapel exercises are good for one, they are good for all who are able to attend them, with such exceptions alone as shall be made for medical reasons. Hence it is intended that all new comers shall understand that these gatherings are as much a part of the business of the hospital as the gatherings at the dinner-table. The mind no less than the body must have its nutriment.

If a laboring patient be fatigued, or if any patient be unwell, he is permitted to retire before that hour. But it is expected that every one who has not retired shall attend the exercises.

All games in the halls are suspended ; the lights in the billiard-room are extinguished, and those in the halls are “turned down.” Thus a general co-operation is secured, as satisfactory in results as it is comprehensive in scope. It is proposed separately to examine the different kinds of exercises, and to exhibit in detail some of those results.

*Divine Worship.*—The following table shows the number of patients and other persons resident in the hospital who were present at the devotional exercise of each of the forty-six Sabbaths above mentioned :

*Attendance at Chapel.*

SABBATH.	Men.	Women.	Total.	SABBATH.	Men.	Women.	Total.
1st, . .	119	150	269	24th, . .	127	162	289
2d, . .	111	152	263	25th, . .	120	165	285
3d, . .	120	156	276	26th, . .	124	159	283
4th, . .	114	154	268	27th, . .	124	168	292
5th, . .	115	157	272	28th, . .	107	166	273
6th, . .	109	150	259	29th, . .	120	161	281
7th, . .	117	150	267	30th, . .	114	156	270
8th, . .	115	148	263	31st, . .	113	155	268
9th, . .	116	158	274	32d, . .	118	167	285
10th, . .	107	156	263	33d, . .	116	152	268
11th, . .	118	160	278	34th, . .	110	164	274
12th, . .	120	152	272	35th, . .	128	161	289
13th, . .	116	138	254	36th, . .	110	146	256
14th, . .	116	158	274	37th, . .	113	151	264
15th, . .	124	154	278	38th, . .	114	151	265
16th, . .	124	162	286	39th, . .	125	168	293
17th, . .	123	154	277	40th, . .	124	173	297
18th, . .	116	161	277	41st, . .	126	170	296
19th, . .	129	162	291	42d, . .	135	170	305
20th, . .	126	166	292	43d, . .	132	166	298
21st, . .	120	156	276	44th, . .	135	159	294
22d, . .	126	166	292	45th, . .	137	173	310
23d, . .	121	171	292	46th, . .	137	170	307



Largest number of men on any day, . . . . .	137
Smallest number of men on any day, . . . . .	107
Largest number of women on any day, . . . . .	173
Smallest number of women on any day, . . . . .	138
Largest total number on any day,—Men, . . . . .	137
Women, . . . . .	173
	— 310
Smallest total number on any day,—Men, . . . . .	116
Women, . . . . .	138
	— 254
Average attendance, 46 Sabbaths,—Men, . . . . .	120
Women, . . . . .	159
	— 279

The question naturally arises, “How many of these were patients and how many other persons?” The number present, of officers and others connected with the hospital, was generally between twenty-five and thirty-five. The question can be *definitely* answered in regard to the last five Sabbaths alone. That answer is contained in the subjoined summary, which also includes the number of patients in the house on those several days :—

SABBATH.	ATTENDED SERVICE IN THE CHAPEL.						PATIENTS IN THE HOSPITAL.		
	OFFICERS & EMPLOYES.			PATIENTS.					
	M.	W.	Total.	M.	W.	Total.	M.	W.	Total.
42d, . . .	21	17	38	114	153	267	177	222	399
43d, . . .	13	16	29	119	150	269	180	228	408
44th, . . .	16	14	30	119	145	264	180	228	408
45th, . . .	14	18	32	123	155	278	181	224	405
46th, . . .	15	19	34	122	151	273	181	224	405

On the forty-fifth Sabbath the number of patients in attendance, as compared with the whole number in the house, was equal to 68.64 per cent., or a little more than two-thirds.

The number at chapel depends much upon the attendants; and it is due to some of these to say, that, through their efforts, many of the patients with chronic insanity, who had long been considered unfit, have been induced to attend; and now,



improved in appearance, in habits and in conduct, demean themselves as becomingly as the others.

The services on the Sabbath are still conducted, in rotation, by the clergymen of the several denominational churches in the village of Northampton; and it is proper here to record an expression of satisfaction with their comprehension of the circumstances of the occasion, and the suitable adaptation of their discourses.

*Lectures.*—By the wisely directed liberality of your Board, I was enabled, in the early part of the last winter, to expend nearly three hundred dollars in extending the means for the illustration of lectures. An air-pump and an electrical machine, each with a liberal quantity of appropriate apparatus, a pneumatic trough, with receivers, retorts and other implements and materials for the generation and collection of gases, together with a variety of other things illustrative of the laws of nature, as expounded in chemistry and natural philosophy, were included in the purchase.

Thirty-eight lectures have been delivered in the course of the year. The subject and the number of persons present were as follows:

Number.	S U B J E C T S.	P E R S O N S   P R E S E N T.		
		Men.	Women.	Total.
1	The Power of the Mind over the Body, . . .	104	120	224
2	“ “ “ “ . . .	104	130	234
3	“ “ “ “ . . .	102	130	232
4	“ “ “ “ . . .	89	131	220
5	“ “ “ “ . . .	110	136	246
6	Pneumatics: illustrated with the Air-Pump, . .	116	132	248
7	Pneumatics: “ “ “ . .	120	134	254
8	Pneumatics: “ “ “ . .	122	133	255
9	Pneumatics: “ “ “ . .	112	129	241
10	Pneumatics: “ “ “ . .	107	128	235
11	Composition of the Air: Carbonic Acid, with experi- ments, . . . . .	114	127	241
12	Hydrogen: with experiments, . . . . .	104	117	221

Number.	S U B J E C T S.	P E R S O N S P R E S E N T.		
		Men.	Women.	Total.
13	Pneumatics: with experiments, . . . . .	106	131	237
14	Ascent of Helvellyn, . . . . .	103	119	222
15	Comparative Anatomy and Physiology of the Nervous System, . . . . .	109	122	231
16	Electricity: with experiments, . . . . .	112	118	230
17	Anatomy and Physiology of the Muscular System, .	100	126	226
18	Electricity: with experiments, . . . . .	103	130	233
19	Electricity: “ “ . . . . .	117	127	244
20	The System of Blood-vessels: Anatomy and Physiology,	102	132	234
21	Muscles: the Physical Laws of their Action, . .	112	130	242
22	Muscles: Gradation, Rapidity and Accuracy of Action,	114	129	243
23	Life in New York, . . . . .	120	134	254
24	Similarities of the Nervous Fluid and the Imponderable Agents, . . . . .	107	116	223
25	The Properties of Matter: with illustrations, . .	114	118	232
26	Aerostatics: with hydrogen balloon, . . . . .	119	136	255
27	The Dignity of Labor: the general modest Aversion to such Dignity, . . . . .	108	126	234
28	Chlorine: with experiments, . . . . .	121	144	265
29	Natural History: illustrated with the Magic Lantern, .	129	135	264
30	Natural History: “ “ “ .	104	144	248
31	The White House, Washington, and its Occupants since 1837, . . . . .	100	135	235
32	The proper Relation between Attendants and Patients in Hospitals, . . . . .	116	135	251
33	Architecture, Grecian and Roman, . . . . .	125	140	265
34	Architecture, “ “ . . . . .	125	151	276
35	Architecture, Gothic, Byzantine and Chinese, . .	121	149	270
36	Freedmen and their Schools, . . . . .	121	142	263
37	Language, . . . . .	106	125	231
38	The Nephila Plumipes or Silk Spider, with illustrations,	125	142	267
Largest total number on any evening, . . . . .		125	151	276
Smallest total number on any evening, . . . . .		89	131	220
Average attendance, . . . . .		111	131	242



An audience varying through a long course of lectures only between the two not very distant extremes—220 and 276—may be considered very respectable in point of numbers. It is certainly sufficient to prevent the speaker from feeling that he is addressing “a beggarly account of empty boxes.”

For the graphic essay upon Life in New York we are indebted to George W. Horr, Esq., of Athol, Mass.

The three interesting, instructive, and finely illustrated lectures on architecture were delivered by Professor E. S. Snell, of Amherst, Massachusetts.

That upon language, which carried the hearers among the most easily reached roots of the matter, by Pliny E. Chase, of Philadelphia, Pennsylvania.

The entertaining account of experience in the schools for freedmen, in Virginia, was given by Miss Julia A. Sherman, of Brooklyn, New York.

The descriptive history of the *Nephila plumipes*, or silk spider, recently found in South Carolina, illustrated by pictures, diagrams, and portions of spider silk, and related by Burt G. Wilder, M. D., of Boston, Massachusetts, attracted, from its perspicuity and the novelty of its subject, the undivided attention of its hearers.

These seven lectures were all gratuities, for which they through whose liberality we were enabled to enjoy them, received the cordial thanks of the audience.

The two lectures on natural history were delivered by the Assistant-Physician of the hospital; for the remaining twenty-nine, the Superintendent must bear the responsibility.

It was intended, as a general rule, that each lecture should occupy from forty-five to fifty minutes, but circumstances sometimes prolonged them to an hour or more. And it is considered worth the while, in this place, as a justification for the liberal disbursement for the philosophical apparatus, to recall to the mind of one of the gentlemen of your Board who was present, the fact that, at the thirteenth lecture, in which it was desired, for special reasons, to try many experiments with the air-pump, the audience of 237 persons, of whom more than two hundred were patients, sat apparently unfatigued, and with unflagging attention, more than two hours.



*Other Entertainments.*—There were four diverse entertainments in the chapel, in the course of the year, which could hardly be ranked among lectures proper. These were, in the order in which they occurred: first, a concert, by the choir of the Baptist Church in Northampton, and under the direction of their leader, Mr. Sacket; secondly, feats of legerdemain, and the dancing fairies, by Mr. J. W. Cadwell, of Springfield; thirdly, *Jonathan at School*, a poem, by Dr. J. G. Holland, of Springfield; and, fourthly, readings of *The Battle Hymn*, *The American Flag*, and other original poems, by Mrs. Julia Ward Howe, of Boston.

The attendance at these times was as follows:

	Men.	Women.	Total.
Concert, . . . . .	119	131	250
Fairies, . . . . .	135	171	306
<i>Jonathan at School</i> , . . . . .	126	178	304
<i>American Flag</i> , &c., . . . . .	125	142	267

The merits of the music, the fun of the fairies, the marvel of the sleight of hand, the wit and the wisdom of “*Jonathan*,” and the patriotism and pathos of “*The American Flag*” were duly appreciated, and, as the alliterative newspaper reporter would have written, had he been present, “they brought down the house, in reiterated rounds of rapturous applause.”

This method of expressing approbation is permitted, because there is no good reason for its prohibition; and it would be invidiously unjust to prevent our inmates from making as much noise as other people on similar occasions. Pent humanity finds relief by applause, as a bottle of ale by effervescence. Nor is this the only evidence connected with the assemblies in the chapel, that tastes and habits, as manifested here, are less perverted than is generally supposed. Devotional exercises and philosophical lectures may all be very well in their way, but Mr. Cadwell’s tricks and fairies were the power that first succeeded in drawing together three hundred of our household.

The four entertainments were, each and all, free-will offerings to the inmates of the hospital, and it is to be hoped that they who were the donors will receive their reward in the consciousness of the pleasure and the benefits conferred.

*Christmas.*—On the evening of Christmas, the matter read between the singing of the two hymns, was an interesting and instructive editorial in the “Springfield Republican,” entitled, “Christmas Again.”

*The Holy Scriptures.—Poetry.*—The ordinary evening exercise begins with singing a hymn, by the choir; is continued by the reading of a chapter in the Bible by the Superintendent, or, in his absence, the Assistant-Physician, and is closed by another hymn, sung by the choir. During the last two years, and more the last year than before, this routine has been varied by the substitution of poetry in place of the Scriptural chapter. This gives a variety which is more acceptable than any monotony, how good soever may be the subject.

This substitution has occurred on twenty-eight evenings in the course of the period heretofore mentioned. That the nature of the selections may be understood, a list of them is hereto appended:—

Address to the Mummy, . . . . .	by HORACE SMITH.
Goody Blake and Harry Gill, . . . . .	WORDSWORTH.
Extract, “O for a lodge in some vast wilderness,”	COWPER.
The Wonderful One-Hoss Shay, . . . . .	O. W. HOLMES.
Ode to Deity, . . . . .	DERZHAVIN.
Marco Bozzaris, . . . . .	F. G. HALLECK.
The Hermit, . . . . .	GOLDSMITH.
Outalissi’s Address, . . . . .	CAMPBELL.
Extract, “Honor and Shame from no condition rise,”	POPE.
Elegy written in a Country Churchyard, . . . . .	GRAY.
Thanatopsis, . . . . .	W. C. BRYANT.
Better Moments, . . . . .	N. P. WILLIS.
The Prairies, . . . . .	W. C. BRYANT.
Hymn to Nature, . . . . .	W. B. O. PEABODY.
On seeing a deceased Infant, . . . . .	“ “
The Child’s Warning, . . . . .	MRS. SOUTHEY.
The Last Man, . . . . .	CAMPBELL.
A True Story: The Miser and the Dentist, . . . . .	THOMAS HOOD.
The Wreck of the Hesperus, . . . . .	H. W. LONGFELLOW.
The Song of the Shirt, . . . . .	THOMAS HOOD.
The Great Worship, . . . . .	J. G. WHITTIER.
Absalom, . . . . .	N. P. WILLIS.
The Dream, . . . . .	BYRON.
Maud Müller, . . . . .	J. G. WHITTIER.
I mark the Hours that shine, . . . . .	ANONYMOUS.
Skipper Ireson’s Ride, . . . . .	J. G. WHITTIER.
Kathleen, . . . . .	“ “
My Psalm, . . . . .	“ “



It is believed that it is not too much to say that the characteristics of these pieces, from the solemn majesty of Derzhavin's Ode and Thanatopsis, to the tender pathos of the Hermit and of Maud, the exquisite humor of the logical One-Hoss Shay, and the broader wit of the True Story, were all, to a good extent, appreciated. Poetry, more surely than prose, commands perfect silence in the audience.

As before mentioned, a portion of the Bible was read on each of one hundred and forty-seven evenings. The selection was several times made by patients. Rarely, especially during the past six months, has the propriety of the occasion been disturbed by the thoughtless or the irritable. The touching narrative of the olden time, the story of Joseph, which charms every child who hears it, still holds its mastery over the man and the woman; and during its reading, which occupied five or six evenings, the trite old expression, indicative of perfect stillness, "You might have heard a pin drop," was literally true.

A summary exposition of the attendance on the one hundred and seventy-six evenings occupied by the reading of the Scriptures, the "Christmas Again," and the poems, is appended.

MONTH.	Largest No. present.	Smallest No.	Average No.	MONTH.	Largest No. present.	Smallest No.	Average No.
November, .	225	188	211	May, . .	258	220	231
December, .	229	197	214	June, . .	240	213	228
January, . .	233	211	220	July, . .	240	206	221
February, .	228	208	219	August, . .	264	222	243
March, . .	233	216	225	September, .	287	229	259
April, . .	244	216	228				

On only three evenings was the number of persons present less than two hundred.

Here closes the account of the chapel assemblages; but inasmuch as in the foregoing analysis of the household exercises in respect to frequency of occurrence, a portion of the time is

assigned to the dance, a few remarks upon that subject may not inappropriately be introduced.

*Dancing.*—On thirty-one evenings, a part of the inmates have assembled upon one of the floors of the rotunda, to join, either as actor or spectator, in that laborious amusement, upon seeing which at an entertainment given by a British nobleman, a Turkish ambassador asked his host, “Why don’t you make your servants do it for you?” But toil is not disagreeable under some forms and guises; and “work” is acknowledged as the most potent hygienic restorative in hospitals like this.

The dance, in truth, constitutes a happy combination of wholesome physical exercise and pleasant psychic entertainment; and hence, if judiciously managed, cannot well be devoid of utility as a hygienic and curative agent.

The number of persons belonging to the house who assemble at these festivities varies from about one hundred and twenty to one hundred and fifty; and the number of patients who generally dance is not far from forty. The Superintendent and the Assistant-Physician are both usually present—one of them always; and propriety and decorum are required. In every dance except the last for the evening, it is an absolute rule that in each couple there shall be at least one patient. In the “jig,” which alternates with the quadrille, all, generally, are patients. It is necessary, for the attainment of the proper ends, that a rule like that just mentioned should not only exist, but be enforced. Human nature is not wholly philanthropico-beneficent. “Charity begins at home,” in amusements, as in other things; and it *may* be vastly more delightful to go through the figures with a favorite partner, perfectly familiar with them, than to guide a wayward invalid, not particularly well versed in the mysteries of the amusement, and with no common ties of sympathy between the two. *Without* the rule, there might be dances *for* the patients, but they would not long be *by* the patients. *With* the rule, the patients get what belongs to them, *all* derive sufficient enjoyment, and the evenings of the dances are anticipated with more pleasure than any others. Attendance upon these occasions is always optional with the patient.

On two of the evenings, Mr. W. A. Hubbard, of Northampton, and some of the other members of the band of which he is the leader, furnished excellent music, gratuitously.



*Recreative Exercise.*—The two principal subjects under this head are *walking* and *riding*. In suitable weather, a large part of the patients who are not obtaining sufficient exercise by some employment, walk out in company with their attendants, generally once, not unfrequently twice, in the day. A record, throughout the year, of the daily number of those in the female department who have taken this exercise, gives the following monthly aggregates:—

MONTH.	Number who walked out.	MONTH.	Number who walked out.
October, 1865, . . .	1,055	April, 1866, . . .	1,172
November, 1865, . . .	1,352	May, 1866, . . .	1,437
December, 1865, . . .	867	June, 1866, . . .	1,227
January, 1866, . . .	1,034	July, 1866, . . .	1,575
February, 1866, . . .	600	August, 1866, . . .	2,323
March, 1866, . . .	739	September, 1866, . . .	2,109

Hence we have an aggregate number for the year of fifteen thousand four hundred and ninety.

Some of the patients, because of illness, others because of the nature of their mental disorder, rarely or never go out; and from forty to forty-five others are at work in the sewing room and other departments out of the wings. With these deductions, and with due allowance for foul weather, illness of attendants, the absorbing duties of special days, and the excessive cold of winter, it will be found that a wholesome activity has prevailed. No record was kept in the men's department.

The grove east of the hospital is devoted to the use of the females. It has been more beautiful this summer than ever before; and its conveniences have been enhanced by the addition of several "central park settees," one of the most comfortable seats of the kind hitherto made. These are placed near the swing; and thus is formed a delightful retreat for a warm afternoon or a summer twilight. It makes a good resting place for parties walking, and a pleasant special resort.

Riding has been continued, as heretofore, but the new and more commodious carriage, purchased about three months ago, has seats for twice as many patients as the old one, and hence the privilege can be granted to a greater number than heretofore.

Although the riding is often extended to the neighboring villages, and sometimes to adjacent towns, yet much more of it than formerly has been, the past season, upon the premises. The road which passes around the meadow furnishes an agreeable, secluded route. It has been recently improved, and now makes a good carriage-way, though susceptible of further improvement, which shortly awaits it in the future. The whole length of road on the farm is two and two-thirds miles.

On many days, in the course of the past summer, one of the patients has driven over these roads with successive parties of his fellow-inmates.

*Amusements.*—Bowls, billiards, bagatelle, cards, chess, backgammon, chequers, and—not to be forgotten, lest we might be thought unfashionable—croquet, (or, as one of the *dilettante* patients writes it, *krow-keigh*,)—are the principal games, the means for which are furnished to the inmates. We almost blush at the acknowledgment that croquet has hitherto been but slightly attractive to them. But there is “hope for better days to come.”

A foot-ball has been the source of some exercise and amusement in the women’s department, and bags of beans curveting in parabolas, cycloids, anti-catenas, and other mathematical, as well as problematical, lines through the hall, have imparted merriment and a good appetite.

Throughout the year, as throughout that which next preceded it, billiards has been a more constant resort than any other game. The table is accessible, both day and evening, and is furnished with players a large part of the time.

Another and very handsome rosewood table has recently been purchased, enlarging the resources in this direction.

This amusement is engaged in almost exclusively by the boarders, or pay patients. The State patients are mostly of a class who appear to have little taste for it.

*Reading.*—The library has received important additions in the course of the year, and now contains eleven hundred and



fifty-four volumes. The number taken out, by readers, in the last twelve months, is twelve hundred and eighty-one; and only one volume has been lost.

Aside from this constant fund of standard and popular literature, ten daily, three semi-weekly, and nineteen weekly publications are taken by the hospital, the patients, and the employés; and eighteen miscellaneous "exchange" newspapers are each week received from the office of the "Hampshire Gazette."

The several prominent specific means included in the plan of moral treatment having been passed under review, you will, perhaps, permit a few general remarks connected with the subject.

If there be principles in accordance with which generalizations may be made and rules formed for the management of the insane, the first and most fundamental is *truth*. Truthfulness in speech and truthfulness in act should be the primary motto of him who would succeed in this somewhat peculiar sphere of life. In no other way is the confidence of the patient easily to be gained; and that being gained, although at times your assertions, decisions or demands may not be in accordance with his desire, he will respect you for your candor and honesty, and act accordingly. He who feels bound to practise falsehood, whether in word or in deed, will not, if he be wise, select insane persons to practise it upon.

Twenty-five or thirty years ago, when hospitals were few, and a knowledge of the modern method of treatment in them had been but partially disseminated, persons were very frequently enticed to those institutions by false pretences. There is probably not a hospital in the country, which was erected more than fifteen years ago, at which the practice has not been condemned by the Superintendent, in one or more of his annual reports. It was to be hoped that this resort to subterfuges had ceased; but it has not, and in the course of the last year several instances of it have occurred in the cases of persons admitted here. The purity of intention of those who thus acted is not questioned. The motive was good, and although the course of action was wrong, it originated in ignorance of the right.

It being decided to place a person in the hospital, let him be frankly informed of that decision. By proper management in

doing this, he will generally consent to the change, or, at least, will not oppose it. If he does not consent, and does oppose, better by far that he should be brought manacled and bound from head to foot, than that he should be lured by promises made to be broken, and by anticipations which are doomed to disappointment. We should have, not a mere bedlam but a perfect *inferno* under this roof, if we attempted to pursue that systematic course of deception which we have but too often observed in those upon whom, perhaps for the first time, devolved the control of persons insane.

The insane generally act from the same motives, and are governed by the same agencies and influences as other men. If there be any difference, it is that the former, more than the latter, are like children; and the same qualities which command a ready and cheerful obedience in a school, which induce order and discipline among pupils, will effect the same ends in a hospital and among its inmates. The patients should be treated as far as possible as if they were not insane. Treat them like rational beings, and let them understand that you expect rational conduct from them, and, with but comparatively few exceptions, your expectations are not disappointed. In pursuance of this policy we permit few if any of those whimsicalities of dress which were formerly considered as almost a necessary belonging to mental derangement, and none of that fantastic "ornamentation" of rooms, fondness for which, like the fondness for gaudy clothing, arises from a perverted taste or a disordered imagination.

A large part of the eccentric habits, practices, and incidental actions into which the insane gradually fall, if left to themselves, may, like their tricks of dress, be easily broken up or prevented, without coercion or severity of any kind. A simple request for their abandonment is often sufficient. If more is required, the person should be impressed with the fact that *other persons* do not indulge themselves in the habit; and even, in some cases, its irrationality and absurdity may be pointed out with good effect. There are patients now in the house, as you, gentlemen of the Board, will bear witness, in whose cases broadly eccentric habits which had existed for years, have, through the influence of such means, been relinquished.



*Attendants.*—The persons who have the immediate care of patients in hospitals for mental disorders are called *Attendants*, and not *Nurses*, as in most other hospitals.

It has been much less difficult to obtain suitable attendants in the men's department, than it was during the war; and there has been a great improvement, in the course of the year, in the performance of the duties in that department. You cannot have failed to observe the greater cleanliness and good order of the halls and dormitories, the more comfortable and home-like aspect, the improved appearance of the patients, and the more general prevalence of quietude and content, as well as the greater promptness and better discipline of the attendants.

In procuring men for this important and peculiar service, preference has been given to those who had been in the late army of volunteers, not alone from a willingness to employ them because they had served their country, but furthermore, in the hope that, as they had been in a position to learn self-discipline, they might the better serve the interests of the hospital. This hope has not been wholly disappointed. Eleven ex-volunteers have been employed. Several of them made better attendants because they had been soldiers; in some, that experience appeared to be of no advantage; and in a few, the habits acquired in the army unfitted them for any position in the hospital.

Several among the best attendants were still minors in respect to both age and size,—a fact hardly consonant with the notion that government, in an institution of this kind, must rest entirely upon physical force. Indeed, more than one of you, gentlemen, and more than once, have expressed surprise that the apparently difficult duties in halls containing from fifteen to twenty-five patients can be performed by persons so young and so small. But there is a possibility, at least to a certain extent, that “the lion shall lie down with the lamb and a little child shall lead them.”

In the women's department there have been fewer changes of attendants than in the men's, and there is less difficulty in obtaining suitable persons for the position. If there has been less improvement during the year in this department than in the men's, it is simply because there was less room for it, and not from want of intent or effort.

Of all the many spheres of human action, there is none which affords more room for the development of the virtues, or greater scope for their activity, than that of "attendant." Nor is the converse of the proposition less true; for in no position is it more important to subdue vices and control the passions. If any person deserves to be canonized, it is the *perfect* "attendant." But canonization is not the fashion of the day; and although, if it were, no candidate for its offices might be offered here, yet the corps of our assistants in this capacity is as satisfactory as can reasonably be expected, and presents but little room for censure.

In one of the recent reports of the hospital at Worcester, the question of elevating the standard of hospital *attendance*, by retaining in service for a longer period persons properly qualified, by both nature and experience, for the business, is well discussed. Doubtless every superintendent will sympathize with Dr. Bemis in his feeling of the need of such improvement, and perhaps agree with him in the method of its attainment, provided that method can be fully carried out. But its full operation would require a large increase in the number of attendants, at most hospitals, and even more than a corresponding outlay in pecuniary expenditure. This outlay few hospitals, with their present resources, could bear. Among the proposed means of retaining attendants is the promotion "of social intercourse, by special privileges and otherwise." As intimated above, with sufficient money to pay a largely increased number of attendants, this might be done; and no one more than the writer of this Report would rejoice at its consummation. But, under present circumstances, I am convinced that it is impossible. The experiment has been tried here, and proved a complete failure; how complete, they who have the most thorough knowledge of human nature can best imagine, but they alone can *know* who have witnessed its consequences.

*Internal Arrangements.—Daily Routine.*—As it is not improbable that this Report may fall into the hands of some persons interested in hospitals, but uninformed in regard to their internal organization and operation, it is proposed briefly to consider these subjects.

The persons charged with the direct care and treatment of the patients, are the Superintendent, the Assistant-Physician,



the supervisors, one of each sex, and the attendants. The supervisors are “subordinate officers,” whose position is between the Assistant-Physician and the attendants. They have the general oversight of the patients and their apartments, direct the attendants in the performance of their duty, carry the medicine as well as the clothing and other supplies to the halls, and see to the execution of all orders applicable to their departments. The men’s department is in the north wing of the building; the women’s in the south.

The whole household eat at twenty tables; one in the Superintendent’s apartments, one in the rear centre building, and nine in either wing. The one in the rear centre is set twice at each meal,—once for the farmers and some others, and once for the supervisors and the people employed in the kitchen, the laundry, and other parts of the centre building. The attendants eat with the patients, and have the charge of their tables. The food for all the tables is raised from the basement upon “dumb-waiters,” and that for the patients is carried from the kitchen to those dumb-waiters on cars running upon a miniature railroad which extends through the basement of both wings.

All the baking for the household is done in the building, the oven being heated by a wood fire. In the kitchen there is a “range,” and a “broiler,” and in the laundry a “flat-heater,” all used with coal fires. Aside from these, all heat for cooking, washing, warming the house and other purposes, is supplied by steam from one range of three—soon to be increased to four—tubular boilers, in a building back of the rear centre. For from three to four months, in the winter, the fires are continuous under the boilers, there being a night engineer. In warmer weather, the engineer or his assistant, being waked by the watchman, rises in season to kindle the fires and have a supply of steam for boiling when the bell rings for the household to rise.

At five o’clock in the summer, and later in the cold season, the watchman rings the bell, and soon afterward goes off duty. It is expected that all, both employés and patients, will rise immediately. The attendants see that the patients get ready for breakfast, and, with the assistance of patients, engage in the morning work of the halls.

The heads of the several departments of labor, the centre, the kitchen, the bakery, the laundry, the boiler-room, the stable, and the farm, go to the halls for the patients who work in those departments.

The supervisors go through the wings carrying each a tray of cups with medicine, administering that medicine, and giving such directions and assistance as may be necessary.

At half past six o'clock, in summer, at seven in spring and autumn, and at half past seven in winter, the steam-whistle is sounded for breakfast. The patients at work in the several departments return to the halls, where they take their meals. All the tables are set with furniture used at family tables, except that, in the men's wing, there are two which have spoons instead of knives and forks. The farmers also breakfast at this hour; and the employés before mentioned, as soon as the table can be prepared after the farmers have eaten.

The hours for breakfast and dinner in the Superintendent's apartments are half an hour later than those for the patients.

Immediately after breakfast the heads of departments take out such patients as work regularly. At the present time the number is as follows:—of women, centre, 2; rear, 2; sewing room, 20; laundry, 12; and kitchen, 9; of men, laundry, 1; kitchen, 3; bakery, 2; boiler-room, 2; stable, 1; barn and farm, 12; grove, (grubbing,) 8 to 10.

At eight o'clock in summer, and at nine in winter, the regular daily medical visit is begun. The Superintendent and the Assistant-Physician make it in company, three—sometimes four—times in the week, the latter making it alone on the other days. They are accompanied, in either department, by the supervisor. At the time of this visit it is expected that the morning work shall have been done, the beds made, and the halls, dormitories, and dining-rooms put in good order. The only exception to this is, that on three days in the week the beds are left unmade to a later hour, for the purpose of airing.

It is further expected that in nearly all the halls, the patients will be collected as much as is convenient into one part of the hall—generally the “bay.” The object of this is twofold; first, discipline, from the practice of self-control by the patients; and, secondly, the saving of time and steps to the physicians; for, even with this grouping, the visit generally occupies two



hours, often two hours and a half, and is more fatiguing than a walk of six miles.

While the visit is being made in the men's department, some of the attendants in the women's department take their patients to walk, returning before the physicians arrive at their halls. If, for any reason, this walk is not taken before the visit, it is afterwards.

As soon as the physicians have passed through a hall, the attendant of that hall is at liberty to walk out with his patients, or take some of them to the bowling-alley, or to the performance of some casual work. For instance, it is the duty of one attendant to go around the building, twice each week, and pick up whatever may have been thrown from the windows. He takes three or four patients with him. Again: the attendants and patients keep the roads on the premises in order—free from ruts, weeds and grass, and well raked. They go over them, generally, twice each month, except in winter. A company of from twenty to twenty-four patients, with two attendants, work together.

Sometimes, also, in the forenoon, but oftener in the afternoon, some of the patients are taken out to ride.

The medical visit being finished, and the clerk, who has been to the village, having returned with the mail, the supervisors carry to the halls the medicines immediately required, the newspapers, and the letters for the patients.

Fortunate are the physicians and the supervisors if they have been permitted to complete their visit undisturbed by calls to other duty. For not unfrequently some one of them is summoned away, by a want in some other department, or by persons on a visit to a relative among the patients. The hospital is so large that if one of its officers or employés is wanted in the centre, it may be almost a Sabbath day's journey to find him, if he be at his post; and if not at his post, the attempt to find him may be as dubious as the search for a stray child in a city, or, more graphically, "for a needle in a hay-mow."

To obviate this difficulty there is a large gong-bell, out-of-doors, over the chapel, with a wire-pull running to the medical office. The persons most frequently wanted are called by ringing this bell, and the person required is designated by the number of pulls. They are as follows, arranged nearly in the

order of the frequency in which the persons are respectively wanted.

Supervisor of men's department, called by one pull.

Supervisor of women's department, called by two pulls.

Clerk, called by two pulls and one pull, with interval.

Assistant-Physician, called by three pulls.

Superintendent, called by four pulls.

Engineer, called by five pulls.

Watchman, called by six pulls.

Carpenter, called by seven pulls.

In the course of the forenoon perhaps several parties of visitors have arrived, "to see the hospital." Each party has been received by the person appointed to that duty, and conducted through the rotunda, the chapel, and the sewing-room, as well as the kitchen, the bakery, and some other parts of the basement.

At half past eleven o'clock the steam-whistle is sounded as a preparatory signal for dinner, and the patients who are at work out of doors return, with those who took them out, to their respective halls: and before twelve o'clock those who are in the sewing-room, the laundry, &c., return in like manner.

Meanwhile the attendants, with some of the patients, have prepared their tables; and as noon is nearly approaching, they open the doors to the dumb-waiters and become themselves—dumb or otherwise—waiters for food.

At twelve o'clock the whistle is sounded for dinner. The two cars at the kitchen door, each laden with the food for one wing, start by compulsion of one-man power to each, and arriving under the rotunda, separate, one taking the track which runs beneath the north, the other that which is beneath the south wing.

At the first station under each wing, the food for six tables, two in either story, is deposited upon the dumb-waiters and raised to its destination.

Order and decorous conduct are maintained at the tables. Here, as in most other places, at meals, there is a general unanimity of purpose, a sincere earnestness in the pursuit of an object, and a quiet harmony of action which, in other spheres of human activity, would lead to great achievements; and among our patients, as abroad upon the earth, if a favor



be desired, the man of worldly wise experience would ask it after dinner.

Dinner being over in the halls, the attendants, assisted by patients, clear the tables, send the refuse, *via* the dumb-waiters, to the kitchen, wash the dishes, and set the tables for supper.

At about one o'clock, P. M., the patients who work are taken, as before, to their several departments. In the course of the afternoon, many go out to walk, ride, bowl, or perform incidental work. In the front centre, visitors are received, and their objects attended to as in the forenoon. The clerk returns from the village with the mail at about four o'clock, and the supervisors, as in the morning, carry to the patients whatever is intended for them. Letters relating to the finances of the hospital are mostly answered by the clerk; those which contain inquiries or other matter in reference to the condition or needs of the patients, by the Superintendent; and a large majority of both these classes of communications are answered by the first return mail.

Late in the afternoon, the Assistant-Physician passes through the halls, on the second medical visit of the day.

Half an hour before the time for supper, the steam-whistle is sounded for the return of out-of-door patients to their halls, and the supervisors carry the medicine in the same manner as in the morning.

At half past five o'clock, in winter, and at six during the warm season, the patients and the farmers have their suppers. At the Superintendent's table, this meal, with a short period exceptional, is at six. The only working patients who are regularly taken from the halls, after supper, are those who are employed in the kitchen.

Upon the long days and in the pleasant twilights of summer, as many of the patients as at any other part of the day, and often more, are walking after supper on the grounds, or sitting in groups in the grove. But during the rest of the year, those who have no work to perform do not leave the halls after this meal.

Before the chapel hour, the outside doors of the wings are locked by the supervisors, with keys of which no other employé holds a duplicate. The locks of the north wing differ from those of the south.

The gathering in chapel is the only nearly constant appointed exercise or duty of the patients, between supper and going to bed. At a quarter past seven o'clock in summer, and half past seven the rest of the year, this assemblage is summoned by the bell. As the hour approaches, the patients from all sections of the wings are collected in the halls nearest the chapel, the several groups under the charge of their respective attendants. When the summons is given, those from some of the upper halls pass through the upper rotunda to the gallery, and all the rest through the middle rotunda to the body of the chapel. The women go in first, and sit upon the south side of the aisle; the men afterwards, and sit upon the north side. The attendants sit upon the ends of the settees next the aisle, and the supervisors near the door.

Services being concluded, the men are the first to leave, and they retire simultaneously from the floor and the gallery. They go out in the most orderly manner, beginning with those upon the front seat, and proceeding, seat by seat, in succession, those upon any seat after the first not rising until all who sat forward of them have passed the end of that seat. The supervisor stands just without the door, in the rotunda, and the attendants at the ends of the seats, to preserve the order of successive rising. The women then retire in similar order.

Returned to their respective halls, the patients retire for the night as soon as they please, and most of them do so immediately. Others entertain themselves, if men, some in reading, some at billiards, some in other games, some perhaps in lounging on the sofas or settees, and some in nothing in particular; if women, in sewing, knitting, reading or other similar employments, or, like some of the men, in nothing worth the mention.

At half past nine o'clock, the summons for retiring is given, in summer by the bell, (there being no steam,) and in winter by the steam-whistle. In from five to ten minutes afterward the gas is shut off from all parts of the building except the front centre. There is then no other means of lighting than the lantern lamps.

The watchman goes on duty at a time varying with the season from six to half past six o'clock, P. M. He attends to callers at the front door through the evening; lights the gas in



the medical office, the several stories of the rotunda, the chapel, and the rear entries; rings the bell for chapel and for retiring to bed; extinguishes the lights which he lighted, shuts off the gas, and locks the front door and the stable doors. This being done, he goes through all the halls of the men's department, and tries every door, to see if it is locked. At ten o'clock, he goes around the building, out of doors, sees that everything is in order, and if any light is still burning in either wing or the rear building—the upper chambers of which are occupied by employes other than attendants—he reports it in a record book. He makes the circuit of the halls of the men's department hourly through the night, and records the general, and in some cases the special, condition of the patients. He attends to those who are not well, yet not sufficiently ill to need a constant watcher. If any further assistance is needed, he calls the supervisor. If the latter requires further aid or advice, he calls the Assistant-Physician.

Such is the usual routine of the daily movement of the household. It does not, of course, include many things of irregular occurrence, and others which, though regular, are not repeated daily. The Superintendent and the Assistant-Physician visit, separately, casually and unexpectedly, the patients' halls. The supervisors do the same frequently. There are regular days for taking books from the library; for bathing the patients and changing their clothing; for carrying the soiled clothing to the laundry, and again, for returning it after it is washed; and for furnishing supplies to the patients and the halls. It is intended that everything susceptible of performance upon a fixed day, and at a fixed hour, shall be so performed. Both the ease and the order, to say nothing of the simplicity, of *system*, are thus attained.

*Distribution of Supplies.*—The system for the distribution of supplies, mentioned in the report for last year, has been continued and improved. Its peculiarities are these:—

1. Nothing given out without the authority of a written order signed by the Superintendent.
2. Regular times for distribution.
3. A record of every article given out, and of the department or the person receiving it.

There is but one day for distribution, in the week ; and but few instances have occurred in which it became necessary to furnish anything on any other day.

The advantages derived are:—

1. *A great economy of time and labor.* It is the unanimous opinion of all who do the distributing, that the time and the work required are not more than *one-fourth* as great as before the system was introduced.

2. *A still greater economy of noise.* There is now no incessant running for one thing here, another there, and a third yonder. It is all done with scarcely a ripple,—and even that ripple occurs but once in seven days,—upon the surface of the hospital's quietude.

3. *Economy of supplies ; and hence, of money.* It is impossible to ascertain the precise degree of effect in this direction ; but there are facts, some of which have been brought to your notice, showing that the saving is large.

Persons interested in this general subject are referred to the Appendix, where they will find a table exhibiting the quantity of the supplies included in this system of distribution which have been furnished to each department of the hospital, in the course of the year.

*Gas.*—In his monthly report for June, 1861, the Superintendent at that time used the following language:—

“The Superintendent asks respectfully to direct the attention of the Board to the gas bills and to the kitchen furniture, in the hope that an appropriation may be had, next winter, for the more economical administration of two of the most important departments of the household affairs.”

The excessive consumption of gas in the hospital was thus early observed, and its importance, in a pecuniary point of view, appreciated ; but so far as appears, the legislative aid suggested for its diminution was never invoked, or, if invoked, was never received and devoted to the attainment of the end in view.

Consequently, the liberal use of light was continued ; and the sums annually paid for gas, in the three years next following



the date of the monthly report above mentioned, were as follows:—

From July 1st, 1861, to June 30th, 1862, inclusive,	\$2,125 31
From July 1st, 1862, to June 30th, 1863, inclusive,	2,066 77
From July 1st, 1863, to June 30th, 1864, inclusive,	2,121 14
Annual average,	<u>\$2,104 40</u>

The present Superintendent was appointed, and entered upon duty, two days after the close of the last of the three years here mentioned. In the annual report for the fiscal year ending September 30th, 1865, the efforts during the year covered by that report toward a reduction of the quantity of gas consumed, were mentioned, together with the financial results. The same object has been pursued throughout the year just closed, with the following result:—

Cost of gas from Oct. 1st, 1865, to Sept. 30th, 1866, inclusive, \$1,107.98.

Decrease from the annual average above stated, \$996.42, or 47.34 per cent.

The reduction, as will be perceived, amounts to within less than four dollars of one thousand dollars. This result has been attained not by the deprivation of necessary light from any department or any person in the establishment. Every patient and every employé who desires to read or to work in the evening, has direct access to the light of a three-foot burner, which is equivalent to that of six or eight candles; and some of them to that of burners of still greater capacity.

A daily register of the quantity of gas used has been kept since the beginning of the current calendar year. This record furnishes the subjoined statistics of the largest and the smallest number of cubic feet consumed on any day in each month:—

	January.	February.	March.	April.	May.	June.	July.	August.	September.
Largest, . . .	1,900	1,600	1,200	800	600	400	350	650	800
Smallest, . . .	1,400	1,200	700	400	300	200	100	250	450

Hence it appears that the quantity varied from nineteen hundred feet to one hundred feet, in the twenty-four hours. There were but three days in which it equalled nineteen hundred, and but one in which it was below one hundred and fifty feet. The following schedule is derived from a monthly register kept throughout the official year:—

	Gas Consumed.	Daily Average.
October, 1865, .	36,175 cubic feet,	1,167 cubic feet.
November, 1865, .	44,300 “ “	1,477 “ “
December, 1865, .	51,600 “ “	1,664 $\frac{1}{2}$ “ “
January, 1866, .	48,200 “ “	1,555 “ “
February, 1866, .	37,100 “ “	1,325 “ “
March, 1866, .	30,800 “ “	993 $\frac{1}{2}$ “ “
April, 1866, .	18,500 “ “	617 “ “
May, 1866, .	12,300 “ “	397 “ “
June, 1866, .	9,100 “ “	303 $\frac{1}{3}$ “ “
July, 1866, .	7,750 “ “	250 “ “
August, 1866, .	12,250 “ “	395 “ “
September, 1866, .	19,400 “ “	646 $\frac{2}{3}$ “ “
Total, . . .	<u>327,475</u>	<u>897<math>\frac{1}{10}</math></u>

The whole consumption in the hospital, in the course of the year, is thus seen to be three hundred and twenty-seven thousand four hundred and seventy-five cubic feet; but to this should be added four thousand six hundred cubic feet used at the pump-house, making the whole quantity consumed on the premises, three hundred and thirty-two thousand and seventy-five cubic feet.

#### FARM.

The farm is still under the immediate supervision of Mr. Wright, and continues to improve in aspect, in fertility, and, consequently, in power of production. Owing, however, to the severe drought of the summer of 1865, and the insufficiency of snow, the past winter, to form a protective covering, much of the grass was killed, and the production of hay was less by twenty tons than that of the preceding year.

All of the other crops were equal, at least, to the average of seasons; and some of them were unusually large.



One hundred and sixty-five loads of muck, from the peat meadow, have been used as an absorbent in making manure; and the leaves raked from eight or ten acres of grove were put into the barnyard.

In the fall, 277 cart-loads of manure were drawn from the yards to the fields, and in the spring, 555 loads, making a total of 832 loads.

Forty-four rods of stone underdrain has been laid in the course of the year; fifty peach trees have been set; and one-eighth of an acre set with currant bushes, thus doubling the quantity of the latter, on the place.

The cutting of underbrush and grubbing the soil in the groves has been continued; several hundred tons of rocks have been excavated, and about two acres of thicket converted into prolific grass land.

The grading of the high bank that borders the town road, between the two entrances to the premises, was begun last autumn, and continued in the spring. Several hundreds of loads of earth have been removed, and a large part of it used in filling two low and marshy tracts, one of which has been an "eye-sore" in the aspect of the lawn.

Near the easterly entrance to the premises a culvert has been made, and pavement laid in some ten rods of road-side gutter, thus mostly preventing that removal of soil, by rains, to which, from the steepness of its declivity, that section of the farm was particularly liable. In two places where, after rains, there was a flowage of surface-drain across the road, culverts of cement pipe have been laid.

The cesspool at the outlet of the main sewer has been overhauled and newly covered, and the decayed underground board troughs which conveyed the overflow for more than two hundred feet towards the meadow, taken up, and their place supplied with six-inch cement pipe.

And last, though far from least in importance, a Fairbanks' hay-scale, of capacity to weigh four tons, has been placed at a point near the stable, where it is easily accessible by teams bringing either hay or straw for the barn, or coal for the house.

The products of the farm for the year, some of them, as the

harvest is yet unfinished, necessarily mere estimates, are as follows:—

## PRODUCTS OF THE FARM.

Hay, . . . . .	42 tons,	\$1,050 00
Oat straw, . . . . .	3 “	42 00
Corn, . . . . .	375 bushels,	375 00
Oats, . . . . .	225 “	135 00
Broom seed, . . . . .	50 “	12 50
Potatos, . . . . .	2,200 “	1,650 00
Carrots, . . . . .	3,000 “	900 00
Beets, . . . . .	275 “	137 50
Onions, . . . . .	150 “	112 50
Turnips, . . . . .	300 “	60 00
Parsneps, . . . . .	5 “	3 75
Beans, . . . . .	73 “	109 50
Beans, string, . . . . .	15 $\frac{1}{2}$ “	23 00
Peas, green, . . . . .	24 “	46 00
Sweet corn, . . . . .	63 “	63 00
Cucumbers, . . . . .	49 “	98 00
Tomatos, . . . . .	125 “	156 25
Peppers, . . . . .	1 $\frac{1}{4}$ “	2 50
Currants, . . . . .	7 “	28 50
Quinces, . . . . .	1 $\frac{1}{4}$ “	5 00
Summer squashes, . . . . .	14 “	17 50
Corn fodder, (growth of 3 acres,)		75 00
Lettuce, . . . . .		11 00
Asparagus, . . . . .		21 50
Pie plant, . . . . .		32 00
Beet greens, . . . . .		36 00
Melons, . . . . .	4,350 lbs.,	87 00
Winter squashes, . . . . .	10,000 “	300 00
Broom brush, . . . . .	500 “	50 00
Pork, . . . . .	5,443 “	957 79
Veal, . . . . .	1,557 “	248 95
Turkeys, . . . . .	251 $\frac{1}{4}$ “	67 45
Chickens, . . . . .	51 “	12 85
Roasting pigs, . . . . .	2	8 00
Cabbages, . . . . .	3,408 heads,	204 48
Apples, . . . . .	10 bbls.,	40 00



Cherries, . . . . .		\$4 00
Eggs, . . . . .	43 $\frac{1}{4}$ doz.,	13 92
Milk, grass fed, . . . . .	15,327 qts.,	1,226 16
Wood, . . . . .	8 cords,	40 00
Lumber, . . . . .	6,000 feet,	38 00
Total value, . . . . .		<hr/> \$8,501 60

At many public institutions it is customary, in estimating the value of the farm products, to include *the whole quantity of milk*. But, in this climate, more than one-half of this product is the result of the consumption of other substances,—hay, carrots, &c., grown upon the farm,—the value of which is likewise included. This is obviously an inaccurate representation, making, where there is a large dairy, the value of the materials produced much greater than they actually are.

The whole quantity of milk derived from the hospital farm the past year, was 61,308 quarts. Only one-fourth of this is included in the foregoing account. Had the whole been included, the aggregate value of products would have been \$12,180.08, instead of \$8,501.60.

Although the legitimate business of a hospital may not be the raising of large animals, yet the subjoined facts may be of some interest to agriculturists.

One hog slaughtered in the course of the year weighed 740 pounds. A calf, dropped by a cross of native and a low grade of Ayrshire, and sired by a high grade of Durham, was fed only by the milk of the mother, and slaughtered at the age of eight weeks and one day, with the following results:—

Weight of carcass, 183 lbs.; value at current price, .	\$36 60
“ skin, 23 lbs.; sold for . . . . .	3 83
Value of the calf, . . . . .	<hr/> \$40 43

The mother was bought in 1862 for thirty-five dollars.

The grounds surrounding the buildings have been looking, throughout the warm season, remarkably well, and have been kept in excellent order by the hostler and one of the patients. Flowers have been abundant, and the shrubbery and the young trees have attained a size which gives an improved appearance to the hospital and its immediate vicinity.

## IMPROVEMENTS.

It has been the intention that, besides the reparation of all casual damages to the building, its fixtures or appurtenances, no working day should pass without some addition in the way of permanent improvement. In the course of this Report, several of these improvements have been mentioned, in connection with the subjects to which they respectively relate. It is here proposed to speak of some of the most important of those to which no allusion has been made.

A house painter has been constantly employed throughout the year, with an assistant during the last two months. The cupolas and the window frames and iron sashes of the windows of both wings have been painted, externally. The color of the cupolas was formerly much lighter than that of the body of the building; and the window frames and sashes were white. The cupolas and frames are now in imitation of sandstone, and the sashes darker than before. This alteration has changed the whole aspect of the hospital, giving to it a unity, a solidity and a richness of appearance which properly belong to good architecture.

The central cupola, which was formerly open to the public, has been painted internally, at the sacrifice of one of the most extensive collections of autographs in western Massachusetts; and some of its old wood work has been changed for new, depriving many persons of a jack-knife immortality. More than one hundred bedsteads and a large number of chairs, wash-stands, bureaus, wardrobes and other articles of furniture have been re-stained and varnished; and much painting, graining and varnishing done upon the internal wood-work of the building.

The chapel which, with its large windows and broad masses of white walls, appeared both blank and glaring, has been colored in fresco, very much to its improvement, and over its desk three paintings in oil, one an emblematic design, and two with mottoes from the New Testament, have been made upon the wall. The cabinet organ formerly used in the chapel has been exchanged for one of larger dimensions, greater power, and finer tone.

In the basement, the windows of several rooms connected with the kitchen have been furnished with blinds, the store-



room for soap and other of the coarser supplies has been enlarged by enclosing the space between two successive arches ; and a store-room for sand has been enclosed, as well as a still larger one, containing the spaces between five arches, for lumber and empty barrels.

The fourth halls of the north wing were the most imperfectly heated, last winter, of any part of the building. To avoid this defect in future, the radiators in the air-chamber in the basement have been elevated, and each one boxed in, so that the heated air from it *must* ascend through the inclosed flues which lead to three of the rooms for patients ; and a steam-pipe communicating directly between them and the boilers has been laid, boxed under ground, across the intervening yard. It is believed that those halls will now be well warmed.

Further changes in the system of lockage than those recorded last year have been made, by furnishing many doors with dissimilar locks.

Twelve wardrobes have been made, nine of them for the rooms of patients ; the dry goods store-room has been fitted up, so that it now has the appearance of a country store ; and in this room a large chest, capable of holding five hundred single blankets, has been made for a deposit of those articles when taken from the beds in summer.

The large rotundas have heretofore been devoid of furniture, unless the boxes of plants on the lower floor may be included under that name. A beginning has been made to supply this defect, by the purchase of three ornamental iron settees.

In the patients' halls, besides the changes already mentioned, in one of the only four remaining dining-rooms where long benches were used as seats, those seats have been substituted by chairs ; many of the rooms for patients have been supplied with strips of carpeting ; one hundred framed pictures have been suspended ; the large apertures for ventilation in the chimneys of the north wing have been fitted with wooden blinds having movable registers ; and partitions with doors have been constructed on the landings of the two stair-cases between the third and the fourth halls. By the last mentioned alteration the detrimental intercommunication of the patients in the several stories has been effectually prevented.

The old pump-house, removed several years ago from the river, and placed in the rear of the hospital, as a convenient appendage to the kitchen, has been raised from the ground, underpinned, and its flat roof elevated and shingled.

The gravelled roofing of the stable having become imperfect, it has been removed and replaced by a covering of tin. Beneath it are two newly purchased sets of double harness, one for the farm horses and one for the carriage horses. Here, likewise, is the new double carriage already mentioned, and, beside it, the new top-buggy—the first carriages ever belonging to the hospital which were not purchased at second hand.

*Visitors.*—In former years, upon the secular days which have been legalized as holidays, the number of visitors at the hospital was so great that many of its officers and employés might appropriately have applied to themselves the modified line of Alexander Pope:—

“E’en holidays shine no holidays for us.”

Having arrived at the conclusion that the law-makers of the Commonwealth, in setting apart those days for rest, did not intend that, at the State Institutions, they should be the most arduously laborious days in all the year, the custom of receiving visitors upon them was suspended on the fourth of July, 1865, and has not since been resumed.

It may not be improper, gentlemen, that, in this connection, the executive officers of the State should, by this Report and through your Board, be informed of your recent action in limiting the reception of general visitors to Tuesday and Friday of each week. The basis or immediate cause of this action was the fact that, on the twenty-seven secular days of August last, the number of visitors, including those who came on pecuniary business or to see their friends, but *not* including those who came to the rear buildings with supplies, or for other purposes, was *one thousand two hundred and thirty-nine*. Persons intimately acquainted with establishments like this need not be told to how great an extent this constant ingress of visitors tends to defeat the objects for which the hospital was founded.



*Gifts.*—Acknowledgments have already been made of the several gratuitous contributions to the entertainment of the household, by persons unconnected with the hospital. It is a pleasant memory that the number of them is so large. Nor is it less satisfactory to know that others have perceived this sphere of beneficence, and added their contributions to our means of effecting the great object of the institution. These hitherto unacknowledged gifts are as follows:—

From Mrs. Lafayette Clapp, of Easthampton, twenty-five pounds of raisins, for the patients.

From Miss D. L. Dix, one ream of note paper and three hundred and fifty copies of a pocket hymn-book, to be distributed among the patients. Also one hundred lithographic pictures, fifty of which have been framed and hung in the halls.

In money, from a lady in Brooklyn, N. Y., \$27.80; and from James E. Oliver, of Lynn, Mass., \$10. These sums have been expended in the purchase of books for the library.

From Horace James, Esq., twelve volumes of books for the library.

From the Hon. W. C. Washburn, M. C., the following books, viz.: The Eighth Census of the United States, three volumes; Report of the (Congressional) Committee on the Conduct of the War, three volumes; the Report upon Andersonville Prison, one volume; and the Report upon the Fort Pillow massacre, one volume.

From Dr. Thomas S. Kirkbride, of Philadelphia, Pa., two volumes of books for the patients.

From Dr. Jefferson Church, of Springfield, Mass., one copy of Tully's *Materia Medica and Therapeutics*.

From Dr. Joseph K. Barnes, Surgeon-General U. S. Army, one copy of "Circular No. 6," a highly interesting and valuable contribution to Medicine and Surgery.

To Dr. Bartlett am I indebted for that more constant observation of the patients from which, by the many other duties of superintendence, I am debarred.

Mr. C. M. Moody, the attentive, prompt and efficient clerk during the whole period of my connection with the hospital, is

about to leave, much to my regret. It will be difficult, entirely to fill his place.

Mr. Morse has proved himself to be a good engineer. To his constancy at his post, his watchfulness and attention to duty, we are in a great measure indebted for the degree of success in heating the building during the past winter.

The important duties of Supervisor have been performed, to my entire satisfaction, throughout the year, in the men's department by Mr. Shufelt, and in the women's by Mrs. Rice.

The chief places in all the subordinate departments have, likewise, been well filled, some, indeed, better than others, but *all* well.

And thus we come to the conclusion of the time and the duties of another year. Let us hope that the ministrations of the hospital, during that period, although they may not have been co-extensive with our desires, have effected something in the melioration of human suffering, and thereby proved the institution to be worthy of the fostering care of a liberal government and a generous people.

The lame man does not forget his staff, nor the cripple his crutch; and at this point I should disregard the dictates of both inclination and duty if I failed to recognize the invariable and unwavering support received from the Board of Trustees. Your suggestions, gentlemen, your counsel and your aid have been a potent reality. In them, and in the concord of opinion and action between you and the Superintendent, are found, to a great extent, the sources of prosperity in the institution committed to your charge.

Respectfully submitted.

PLINY EARLE, *Superintendent.*

NORTHAMPTON, October 3d, 1866.



## A P P E N D I X .

TABLE No. 1,

*Showing the Supposed Causes of Insanity in Patients admitted this Year.*

CAUSES.	Males.	Females.	Total.
Ill health, . . . . .	15	11	26
Epilepsy, . . . . .	6	5	11
Intemperance, . . . . .	11	3	14
Overwork, . . . . .	3	—	3
Exhaustion, . . . . .	2	2	4
Loss of friends, . . . . .	1	1	2
Business difficulties, . . . . .	2	—	2
Hard study, . . . . .	1	—	1
Spiritualism, . . . . .	—	1	1
Religious excitement, . . . . .	1	1	2
Trouble, . . . . .	—	5	5
Unknown, . . . . .	33	32	65
Totals, . . . . .	75	61	136

TABLE No. 2,

*Showing the Occupations of the Male Patients.*

Farmers, . . . . . 12	Mechanics, . . . . . 9
Laborers, . . . . . 20	Broker, . . . . . 1
Merchants, . . . . . 3	Clergyman, . . . . . 1
Clerks, . . . . . 4	Brewer, . . . . . 1
Student, . . . . . 1	Actor, . . . . . 1
Carpenters, . . . . . 3	Unknown, . . . . . 4
Painters, . . . . . 2	
No business, . . . . . 10	Total, . . . . . 75
Lawyers, . . . . . 3	

TABLE No. 3,  
*Showing the Civil Condition of the Patients admitted.*

CONDITION.	Males.	Females.	Total.
Single, . . . . .	30	22	52
Married, . . . . .	34	23	57
Widowers, . . . . .	4	—	4
Widows, . . . . .	—	9	9
Divorced, . . . . .	—	1	1
Unknown, . . . . .	7	6	13
Totals, . . . . .	75	61	136

TABLE No. 4,  
*Showing the Ages of all admitted in the course of the year.*

AGES.	Males.	Females.	Total.
Between 10 and 20 years, . . . . .	4	2	6
20 and 30 years, . . . . .	21	16	37
30 and 40 years, . . . . .	12	14	26
40 and 50 years, . . . . .	16	17	33
50 and 60 years, . . . . .	9	3	12
60 and 70 years, . . . . .	10	7	17
70 and 80 years, . . . . .	2	1	3
Over 80 years, . . . . .	1	1	2
Totals, . . . . .	75	61	136

TABLE No. 5,  
*Showing the Ages at which Insanity appeared.*

AGES.	Males.	Females.	Total.
Between 10 and 20 years, . . . . .	5	5	10
20 and 30 years, . . . . .	16	14	30
30 and 40 years, . . . . .	7	3	10
40 and 50 years, . . . . .	5	10	15
50 and 60 years, . . . . .	5	2	7
60 and 70 years, . . . . .	4	1	5
Over 70 years, . . . . .	3	1	4
Less than 10 years, . . . . .	1	1	2
Unknown, . . . . .	29	24	53
Totals, . . . . .	75	61	136



TABLE No. 6,  
*Showing the Duration of the Disease before admission.*

DURATION OF THE DISEASE.	Males.	Females.	Total.
Less than one year, . . . . .	25	12	37
From 1 to 2 years, . . . . .	—	3	3
2 to 5 years, . . . . .	11	8	19
5 to 10 years, . . . . .	9	7	16
10 to 15 years, . . . . .	2	1	3
Fifteen years and over, . . . . .	1	7	8
Several years, . . . . .	3	4	7
Unknown, . . . . .	24	19	43
Totals, . . . . .	75	61	136

TABLE No. 7,  
*Showing the Causes of Death in those deceased.*

CAUSES OF DEATH.	Males.	Females.	Total.
Phthisis, . . . . .	3	6	9
Marasmus, . . . . .	4	3	7
Epilepsy, . . . . .	3	1	4
Paralysis, . . . . .	3	—	3
Pneumonia, . . . . .	1	—	1
Typhomania, . . . . .	1	2	3
Fit, . . . . .	1	—	1
Old age, . . . . .	2	1	3
Totals, . . . . .	18	13	31

TABLE No. 8,  
*Showing the Residence of the Patients admitted in the course of the Year.*

COUNTIES.	Males.	Females.	Total.
Hampshire, . . . . .	13	6	19
Hampden, . . . . .	8	14	22
Bristol, . . . . .	12	18	30
Worcester, . . . . .	6	5	11
Berkshire, . . . . .	13	4	17
Franklin, . . . . .	9	6	15
Middlesex, . . . . .	2	—	2
Other States, . . . . .	12	8	20
Totals, . . . . .	75	61	136

TABLE No. 9,  
*Showing the Proportion of Commitments.*

COMMITTED BY	Males.	Females.	Total.
Judges and Courts, . . . . .	19	18	37
Overseers of Poor, . . . . .	3	3	6
Board of State Charities, . . . . .	19	23	42
Friends, . . . . .	34	17	51
Totals, . . . . .	75	61	136

TABLE No. 10,  
*Showing by whom the Patients will probably be Supported.*

SUPPORTED BY	Males.	Females.	Total.
State, . . . . .	30	36	66
Towns, . . . . .	9	6	15
Friends, . . . . .	36	19	55
Totals, . . . . .	75	61	136

TABLE No. 11,  
*Showing the Nativity of the Patients.*

NATIVITY.	Males.	Females.	Total.
America, . . . . .	54	33	87
Ireland, . . . . .	17	24	41
England, . . . . .	4	3	7
Unknown, . . . . .	—	1	1
Totals, . . . . .	75	61	136



TABLE No. 12.  
*Status of Patients in Hospital September 30th, 1866.*

	Males.	Females.	Total.
State Patients, . . . . .	107	165	272
Town Patients, . . . . .	34	18	52
Private Boarders, . . . . .	41	40	81
Totals, . . . . .	182	223	405

TABLE No. 13.  
*List of Articles made in the Sewing-Room.*

Gowns, . . . . .	227	Sheets, . . . . .	239
Chemises, . . . . .	258	Pillow-cases, . . . . .	332
Skirts, . . . . .	107	Bed-ticks, }	36
Aprons, . . . . .	55	Mattress-ticks, }	
Sacks, . . . . .	7	Bolster-cases, . . . . .	14
Waists, . . . . .	9	Table-cloths, . . . . .	6
Drawers, pairs, . . . . .	20	Towels, . . . . .	391
Shirts, . . . . .	277	Curtains, . . . . .	29
Collars, . . . . .	89	Camisoles, . . . . .	15
Stockings, pairs, . . . . .	58	Carriage-covers, . . . . .	2
Stockings, footed, pairs, . . . . .	144	Bags, . . . . .	18
Mittens, pairs, . . . . .	76	Mangle-cloths, . . . . .	2
Overalls, pairs, . . . . .	7	Garments repaired, . . . . .	7,583
Suspenders, pairs, . . . . .	123		





Upper 4th Hall,	.	6	4	3	-	1	3	-	18	18	12	10	18	6	12	-	2	-	4	4	10	2	-	-	-	-	-	-	6
Middle 1st Hall,	.	26	30	-	-	3	2	22	-	-	-	-	11	4	-	-	-	2	-	-	-	-	-	-	-	-	-	-	13
Middle 2d Hall,	.	10	22	3	-	-	-	-	-	-	-	-	-	10	9	-	-	-	-	4	10	2	-	-	-	-	-	-	12
Middle 3d Hall,	.	19	22	1	-	6	-	6	6	6	-	2	2	4	4	-	1	1	6	4	4	1	-	-	-	-	-	-	8
Middle 4th Hall,	.	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	10
Lower 1st Hall,	.	12	12	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3
Lower 2d Hall,	.	18	18	-	-	4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	11
Lower 3d Hall,	.	12	22	-	-	-	-	-	-	6	-	-	-	6	-	-	1	-	-	-	3	-	-	-	-	-	-	-	5
Lower 4th Hall,	.	-	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	10
Kitchen, . . . . .	.	-	-	-	-	-	-	18	18	12	12	10	18	6	12	-	-	-	-	-	6	-	-	2	2	-	17	25	25
Rear, . . . . .	.	12	17	-	6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	6
Centre, . . . . .	.	4	2	-	-	-	-	-	-	-	-	-	18	12	-	-	-	-	-	-	-	-	-	-	-	-	-	-	63
Aggregate, . . . . .	.	264	354	19	12	45	14	70	85	59	23	114	67	69	37	3	8	3	1	11	3	90	6	9	17	313	313	313	

TABLE No. 14.—Concluded.  
*Showing the Supplies for the several Departments for the Year.*

	Wash Bowls.	Wash Basins.	Hair Brushes.	Whisks.	Brooms.	Dust Brushes.	Scrub'g Brushes.	Dust Pans.	Mop Handles.	Pails.	Carpet Strips.	Curtains.	Mirrors.	Lanterns.	Match Safes.	Shoe Brushes.	Boxes Blacking.	Spittoons.	Chambers.	Hard Soap, lbs.	Spools Thread.	Skeins Thread.	Papers Needles.	Papers Pins.	Darning Needles.
<i>Men's Department.</i>																									
Upper 1st Hall, . .	-	-	-	2	7	-	-	1	1	1	2	5	-	-	-	-	-	8	1	1	16	-	2	-	-
Upper 2d Hall, . .	-	1	2	2	9	1	-	1	1	-	13	-	-	-	-	1	9	2	10	17	-	2	-	-	
Upper 3d & 4th Halls,	-	1	2	2	5	1	-	-	2	1	-	-	5	1	-	-	8	-	4	25	-	3	-	-	
Middle 1st Hall, . .	-	-	1	1	17	-	-	-	-	1	-	-	-	-	-	-	7	2	6	39	-	11	-	-	
Middle 2d Hall, . .	-	1	2	-	15	-	-	-	3	1	-	-	-	1	-	2	4	-	12	32	-	7	-	-	
Middle 3d & 4th Halls,	-	-	-	-	14	-	-	-	1	3	-	-	-	-	-	1	1	-	13	25	-	8	-	-	
Lower 1st Hall, . .	-	-	1	-	17	1	-	-	-	1	-	-	-	2	-	1	2	-	13	31	-	2	-	-	
Lower 2d Hall, . .	1	1	1	-	17	-	-	1	2	-	-	-	-	-	-	-	2	-	12	30	-	2	-	-	
Lower 3d & 4th Halls,	-	-	-	-	15	-	-	-	3	-	-	-	-	2	-	-	-	1	36	21	-	3	-	-	
<i>Women's Department.</i>																									
Upper 1st Hall, . .	2	-	-	1	10	2	-	-	2	-	-	12	-	-	-	-	-	-	-	67	1	1	-	2	1
Upper 2d Hall, . .	-	-	-	2	11	-	-	-	1	-	-	4	2	-	-	-	-	-	18	47	7	1	1	2	4
Upper 3d Hall, . .	-	-	-	-	12	1	-	-	-	1	-	-	-	-	-	-	-	-	6	40	15	1	-	3	-





# 62 LUNATIC HOSPITAL AT NORTHAMPTON. [Oct. '66.

## *List of Salaried Officers, and their Salaries.*

PLINY EARLE, A. M., M. D., <i>Superintendent,</i>	. . .	\$1,800 00
SILAS M. SMITH, <i>Treasurer,</i>	. . .	300 00
C. K. BARTLETT, M. D., <i>Assistant-Physician,</i>	. . .	900 00
C. M. MOODY, <i>Clerk,</i>	. . .	800 00
ASA WRIGHT, <i>Farmer,</i>	. . .	600 00
DANFORD MORSE, <i>Engineer,</i>	. . .	780 00
		<hr/> \$5,180 00

## *Number of Persons actually employed in the Regular Duties of the Hospital.\**

OCCUPATIONS.	Men.	Women.	Total.
Supervisors, . . . . .	1	1	2
Seamstress, . . . . .	—	1	1
Laundress, . . . . .	—	1	1
Baker, . . . . .	1	—	1
Steward, . . . . .	1	—	1
General Attendants, . . . . .	9	12	21
Special Attendants, . . . . .	1	1	2
House work, centre building, . . . . .	—	2	2
Cook, . . . . .	—	1	1
Assistant-Cooks, . . . . .	1	2	3
Assistant-Laundress, . . . . .	—	1	1
Watchman, . . . . .	1	—	1
Carpenter, . . . . .	1	—	1
Assistant-Engineer, . . . . .	1	—	1
Hostler, . . . . .	1	—	1
At pump-house, . . . . .	1	—	1
Farmers, (in summer, 3,) . . . . .	2	—	2
Total, . . . . .	21	22	43

\* During the past year a painter has been constantly employed.











